

Quote of the Week:

"Knowing is not enough; we must apply. Willing is not enough; we must do."

- Johann Wolfgang von Goethe



ISSUE 24

Fat to Fab



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Be on the look out:
New update photos coming soon!

Food For Thought

Memorial Day - the unofficial start of summer. I know June 21st is actually the first day of summer, but you all know that Memorial Day is the unofficial kick-off to the summer celebrations. It's the beginning of all the BBQs, all the swim parties, graduation parties, and of course, wedding season. I wanted to give you some ideas to help keep you on track while participating in these celebrations. 1) Get some exercise in before you go. That way your metabolism is ramped up and you are more apt to not be hungry. 2) Eat before you go. Don't go to a party starving, your eyes will always be bigger than your stomach. 3) Insist on bringing a dish. Make sure it's something on your eating plan, and get your fill. 4) Stay away from the food. If it's inside, go outside. If it's in the kitchen, stay in the living room. 5) Be the designated picture taker. Can't eat with a camera in your hand. 6) Take care of the kids. They will keep you too occupied to eat. 7) Have the party at your house so you can control the menu better. 8) Use smaller plates. That way it seems like you are eating more than you really are. 9) Don't let your food touch on your plate. Not cause you think it's gross, but so you can better control your portions! 10) Remember the parties are about the people, not the food. Socialize & enjoy the company. If you just utilize a couple of these, you're more apt to survive the summer season.

Alex Update

I want to thank everyone for their kind words, thoughts and most of all prayers for Alex. I'm very happy to report he's doing great. We took him to the doctor last Monday and he wants to get an MRI & EEG. So we have an appointment with his neurologist on Wednesday. We'll see what he says. I'm going to start carrying around a thermometer and Tylenol so we can keep an eye on his fevers.

Weekly Weigh In

Previous Weight: 205.2 lbs

Current Weight: 203.2 lbs

Weekly loss/gain: 0 lbs

71 Week Total Loss: 169.2 lbs

Pounds left to ONEDERLAND: 3.4 lbs

Pounds left to WW goal: 48.2 lbs

Pounds left to personal goal: 53.2 lbs

I guess all those big losses caught up with me! But that's ok!

Sponsorship Central

Current Sponsors:

Pounds 166 - 170: Glenna Evans
Tammy Newell
Lisa Mailman

Upcoming Sponsors:

Pounds 171-175: Gay Will
Jennifer Luongo
Trikisha Harris

176-180: Terrie Riley
Lori Boone

STILL only .8 pounds to go!

Recipe of The Week:

Clip & add to your recipe box!

Hawaiian Stir Fry

Ingredients

2 tsp canola oil
3 cup zucchini, cut into small wedges and sliced
2 bell pepper(s), red
4 oz cooked ham, diced
2 medium carrot(s), shaved
8 oz canned pineapple chunks in juice, drained

POINTS® Value: 3

Servings: 4

5 oz water chestnuts, sliced
2 tsp low-sodium soy sauce
1/4 cup teriyaki sauce
1/4 tsp ground ginger
1/4 tsp onion powder
1/4 tsp garlic powder

Instructions

Heat large skillet or wok with canola oil. Add zucchini and bell pepper and stir fry for 2-3 minutes. Add water chestnuts, carrots, ham and pineapple. Stir-fry another 1-2 minutes. Add soy sauce, teriyaki sauce, ginger, onion powder and garlic powder. Stir for about 2 more minutes. Serve. I served over brown rice. (**POINTS®** Value does not include brown rice)

Chewin' the Fat

Have you done anything lately that you couldn't do before? Or, are you planning to try anything new that you thought you never would?

Funny you ask. Just today, we went to Six Flags for the afternoon and I have always walked through

turnstiles sideways. But today, I walked straight through. My hips didn't even brush the sides! Wow! What am I planning next? Well, I want to skydive for my birthday in October. Yeah, that's right. I want to jump out of a perfectly good airplane...think I'm crazy? I actually have a group of people that want to do it with me!

Please E-Mail me your questions and I'll answer them here.
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Happy Memorial Day